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## May 2020 Newsletter

Center for a Tobacco-Free Finger Lakes (CTFFL)  
(Funded by NYSDOH, Bureau of Tobacco Control)

Serving: Chemung, Livingston, Monroe, Ontario,  
Seneca, Schuyler, Steuben, Wayne & Yates counties

**CTFFL Staff is available for trainings and to provide support with your tobacco intervention program.**

### Five Steps to Integrating Tobacco Cessation Treatment Into an SUD Program\* \*Adapted from Fiore et al., 2009.

1. **Ask** Identify and document tobacco use status for every client during every visit to the treatment facility.
2. **Advise** In a clear, strong, and personalized manner, urge all clients who use tobacco to quit.
3. **Assess** Ask clients whether they are willing to make a quit attempt at this time.
4. **Assist** For clients who are willing to make a quit attempt, offer cessation medication (unless contraindicated) and provide counseling to help them quit.
5. **Arrange** For clients willing to make a quit attempt, arrange for follow-up contacts, beginning within the first week after the quit date.

### Motivational Interviewing Tips

1. Clinician–client relationship is like a partnership rather than a teacher–student relationship.
2. Clinician highlights discrepancies between the client’s behavior and his or her goals.
3. Helps the client elicit reasons for change and thoughts about how change should happen.
4. Client resistance is a sign to change the strategy and listen more carefully to understand the client’s perspective and proceed from there.
5. To support self-efficacy, clinicians must convey belief in client’s ability to reach his/her goal.
6. The client is seen as a valuable resource in finding solutions to problems.

“BecomeAnEX” COVID-19 Resources

[Tips to Quit Smoking or Vaping During COVID-19/Coronavirus](#)  
[COVID-19/Coronavirus and Smoking or Vaping](#)

For more information or to schedule a CTFFL tobacco intervention training, contact:  
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Tobacco Users and Providers can contact the NY State Smokers’ Quitline or visit their website for support and resources at: 1-866-697-8487 or their website [www.nysmokefree.com](http://www.nysmokefree.com).